Is Your Asthma In Control?
Take this quiz to find out.

- In the past 4 weeks, have you had coughing, wheezing, or trouble breathing that wakes you up at night or earlier than usual in the morning?
  - Yes = 1  
  - No = 0

- In the past 4 weeks, have you had coughing, wheezing, or trouble breathing after moderate physical activity such as walking fast or climbing stairs?
  - Yes = 1  
  - No = 0

- Do you use your quick-acting reliever medicine such as albuterol or ProAir® HFA more than two times per week?
  - Yes = 1  
  - No = 0

Add up your points to get your score. _______

Turn card over to see if your asthma is in control.
If you need to use your reliever medicine more than twice a week your asthma may not be in control.

• Use a long-term controller medicine such as Advair® or montelukast, every day to prevent asthma symptoms and flare-ups.
• If you don’t have a long-term controller medicine contact your health care provider as soon as you can to see if one would be helpful for you.

You should expect to be free from asthma symptoms all or most of the time.

• If you have a long-term controller medicine such as Advair® or montelukast, and are using it every day, talk to your health care provider to make sure you are using it correctly.
• If you don’t have a long-term controller medicine, ask your health care provider if one would be helpful for you.

Answering yes to even one of these questions means your asthma could be in better control.

• Talk to your health care provider to see if you are doing all you can to prevent asthma symptoms.

Congratulations – you are in control of your asthma!

• If your symptoms change in the future, be sure to call your health care provider.

For more information visit The American Academy of Allergy, Asthma & Immunology (AAAAI.org)